

Hey there *|FNAME|*,

We're in the last few days of the sleep programme and I wanted to thank you for being a founder member and your feedback so far.

If you haven't yet sent me your feedback, don't worry- there's still plenty of time. I'd really appreciate your input so I can continue to give you exactly what you need to wake up feeling refreshed every single morning.

As you know the programme will be closing Monday 6th November for a short while whilst we update. This means you won't have access to the content until the programme re opens, but you will enjoy a more comprehensive experience when it's all over.

And finally, are you free on Monday 6th November? I'd love it if you would join me for a live Q&A session where you can ask me questions and I can share more exciting news about the programme. We'll be live at 8.30am and 7.30pm so please click the link below to join us. Try to get there 5-10 minutes before the start time just in case.

If you're unable to attend, don't worry. There'll be a recording available for you in the membership site to watch whenever you're free.

If you have any questions then please reply to this email.

Thank you.